



NURTURING PARENTING CLASSES

Classes will be Mondays & Wednesdays 10am-12pm. The first class is February 6th at Wabanaki Health&Wellness.

The Nurturing Parenting Program

- Consists of seventeen 2 hour sessions
- Helps parents learn positive parenting skills
- Helps increase empathy and family communication

Topics Include:

- * Discipline Strategies * Managing Stress * Helping Children Manage Feelings * Communicating with Children * Building Self Worth * Growth and Development in Children and Teens
- *Recovery & Parenting

Limited child care available!

CALL 207.745.6644 TO REGISTER SO THAT WE CAN HAVE AN ACCURATE COUNT FOR CHILD CARE AND LUNCH.

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**Learn parenting skills that can help life become calmer, easier & happier!**  
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Lunch will be provided.

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**10am-12pm  
Mondays &  
Wednesdays  
February 6th –  
April 5th.**

**COMMUNITY ROOM,  
WABANAKI HEALTH  
& WELLNESS**

**154 PARK ST.,  
BANGOR**

Sponsored by Penquis &  
All Our Relations *Thriving.*

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